

Keep Calm and Go To/Graduate College: The Neuroscience of Carrying On



... Welcome... Ask 2 people "What do you love about your work?"





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Just Like Mei

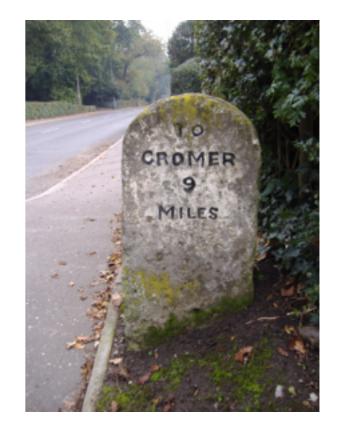
Corda

FAILURES ANOTHER STEPPING STONETO GREATNESS.

OPRAH WINFREY WWW.VERYBESTQUOTES.COM













Outcomes



By the end of the session, participants will have:

- ~an understanding of the Amygdala (an almond shaped structure in the brain) and it's role in fight, flight, freeze, and faint;
- ~explored practical strategies for self and others when the Amygdala gets triggered; and,
- ~had fun in a Celebratory Learning session.

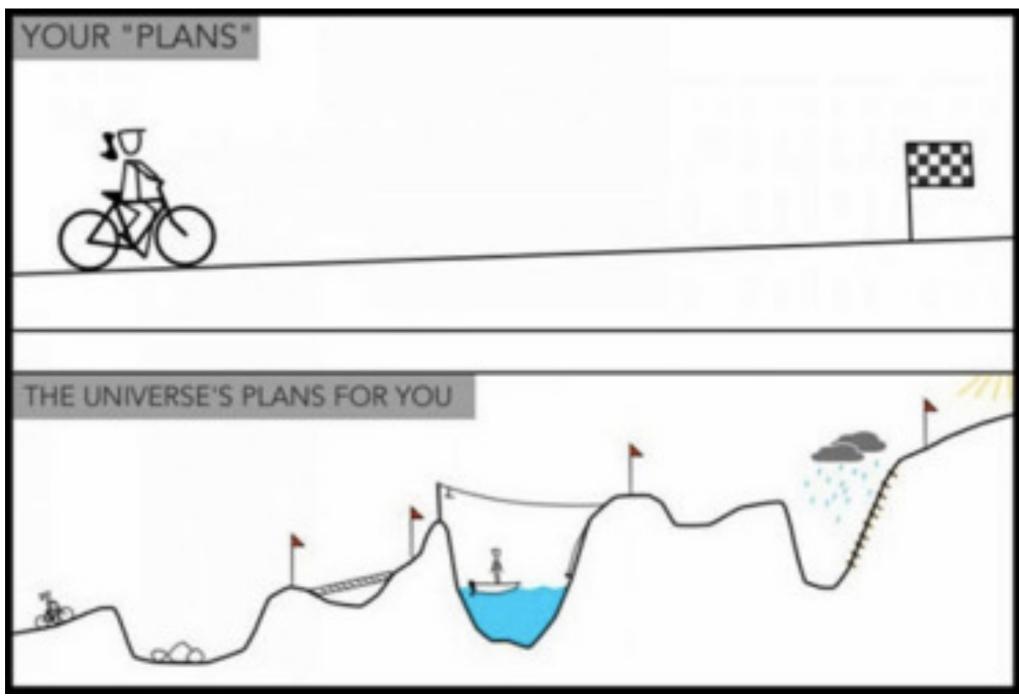






THE UNIVERSE'S PLANS











Make your own milestone!





SOAP BOX Non-Cognitive/Soft Skills =YUCK!

- Social Emotional Learning/Emotional Intelligence
- GRIT
- Habits of Mind
- Life Skills
- Personal Success Skills
- Skills, traits, attributes, mindsets and behaviors
- Domains of Competency-Cognitive, Interpersonal, Interpersonal
- Interpersonal Neurobiology (IPNB)



Student Competencies for Success in College, Career, and Life Habits of Success

- Academic Behaviors
- . Self-Direction & Perseverance
- Positive Mindsets
- Learning Strategies
- Social Skills & Responsibilities

· Critical Thinking & Problem Solving

- · Creativity & Entrepreneurship
- . Communication & Collaboration
- Information, Media & Technology Skills
- Practical Life Skills

- · English Core
- . Math Core
- · Science, Social Studies, Arts, Language
- Career-Related Technical Skills
- Interdisciplinary & Global Knowledge
 - . Surveying the College, Career & Life Landscape
 - Identifying Opportunities & Setting Goals
 - · Developing Personal Roadmaps
 - Finding Needed Help & Resources
 - Navigating Each Stage of the Journey

Content Knowledge Creative Know How

Wayfinding Abilities



Donna Beegle



"Poverty is resolvable, however, making a difference for people who live in the crisis of poverty requires a paradigm shift."









What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

List of missions to Mars

https://en.wikipedia.org/wiki/List_of_missions_to_Mars



Self Regulation



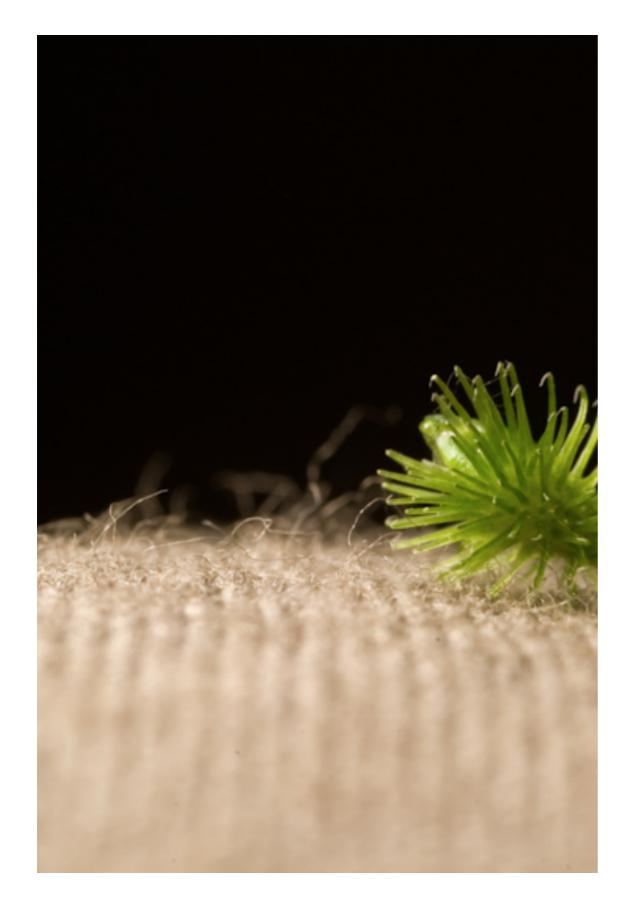


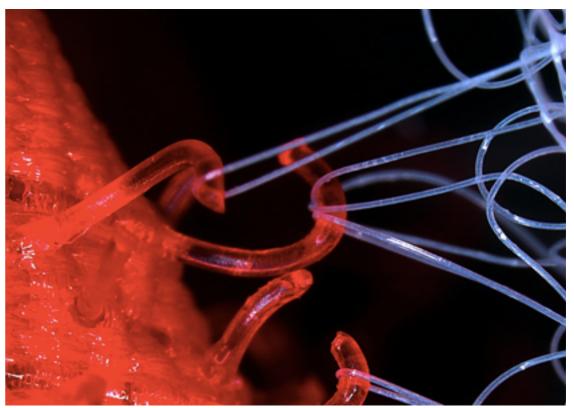
To become the Hollow Bone is to dedicate oneself to the tireless discipline of clearing your inner energy Velcro. This requires first noticing that you have been hooked by something in life. Then looking within at what Velcro loop within you has just been snagged. Then to move deeper within, for the process has only just begun.

whyshamanismnow.com

Christina Pratt





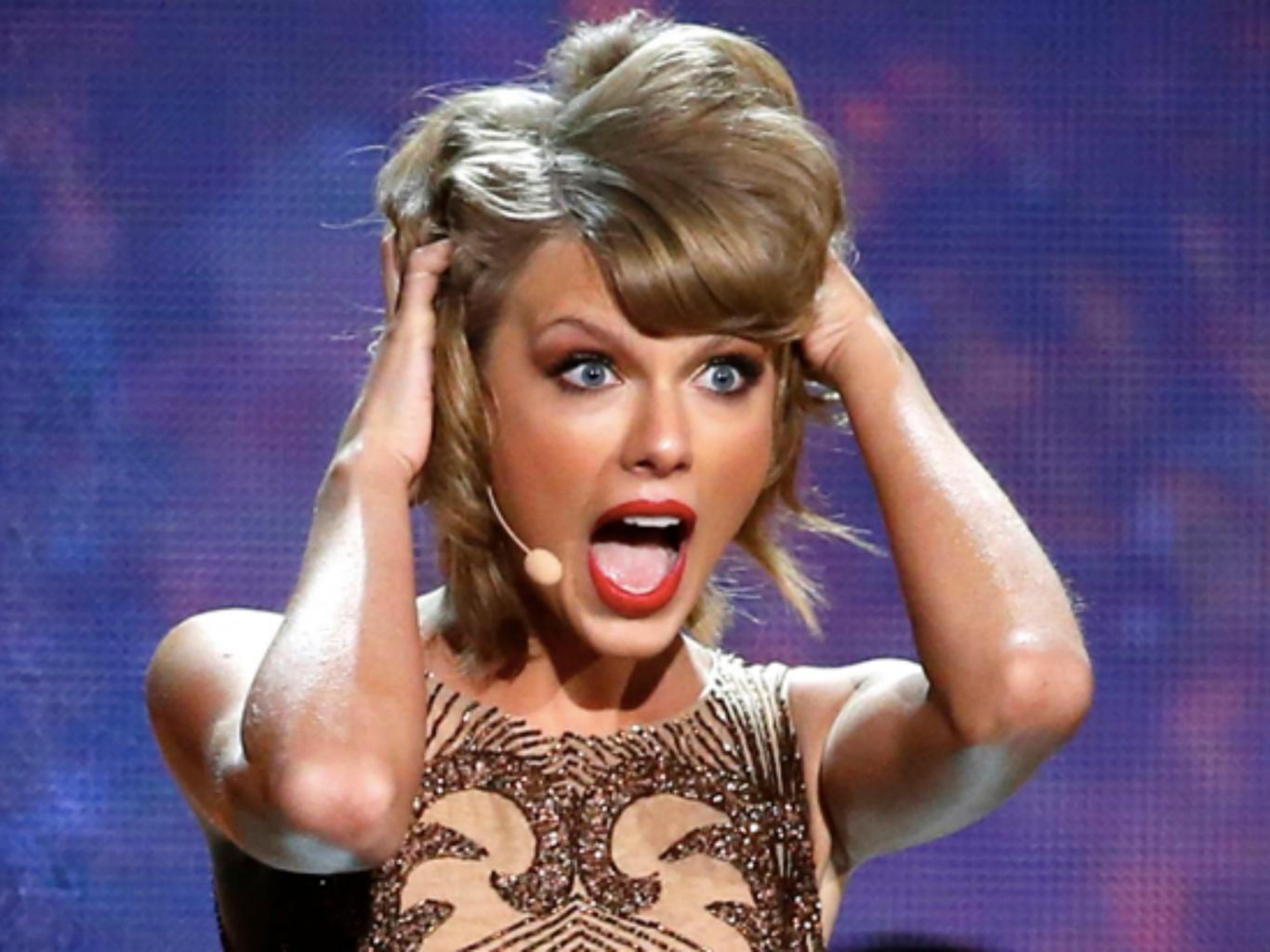


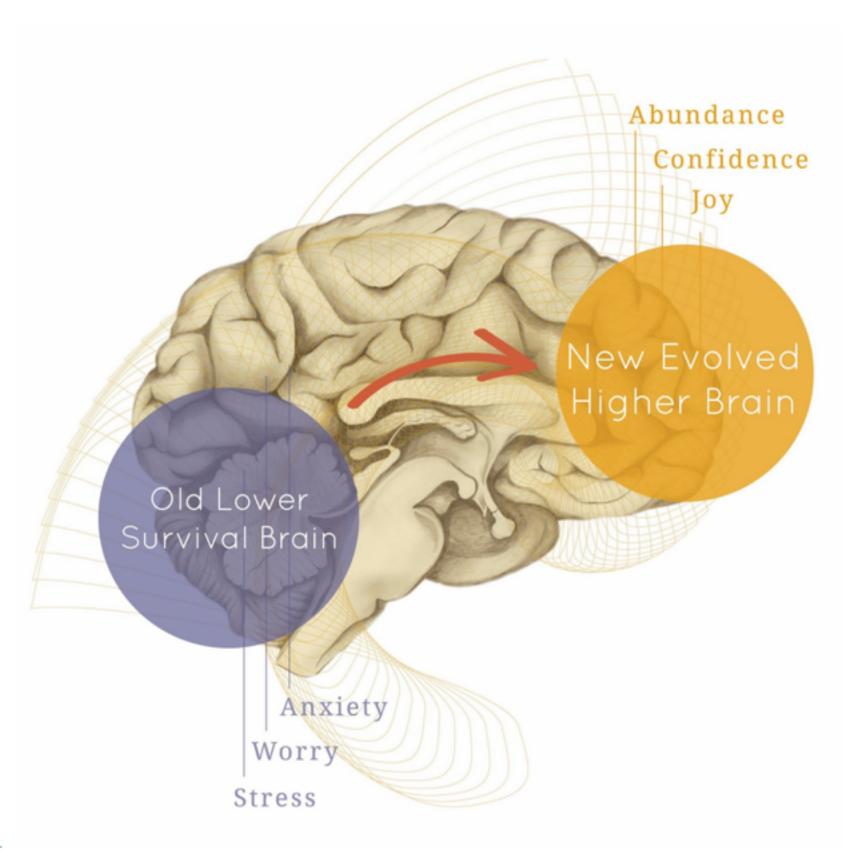




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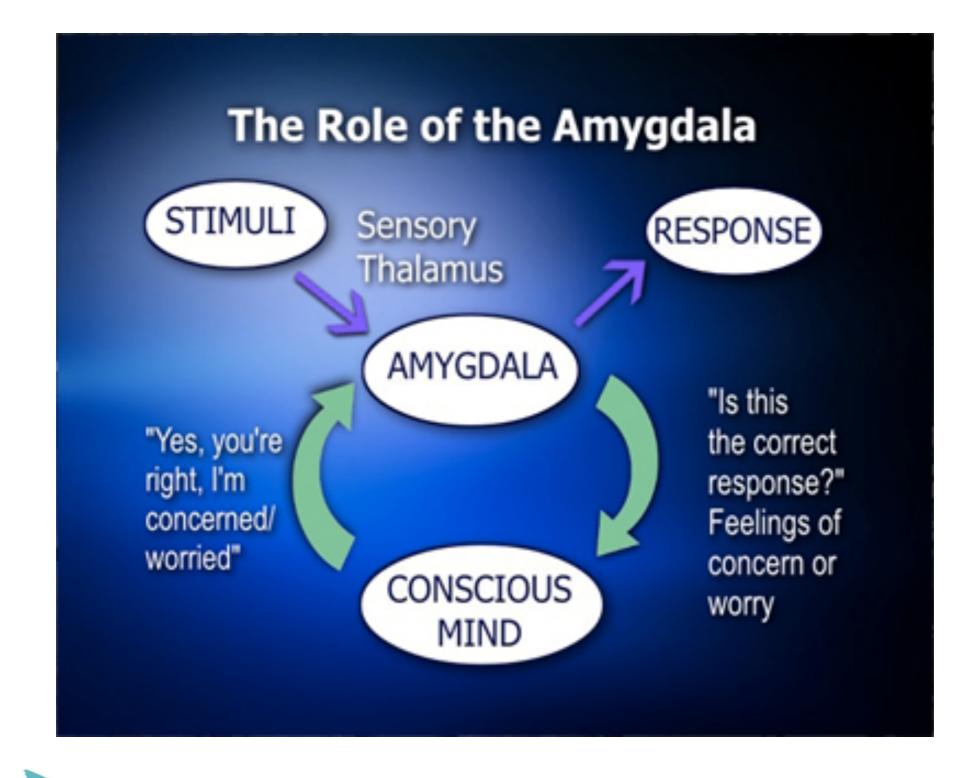












Transforming Futures



Today, we think of functions as products of systems rather than of areas. Neurons in areas contribute because they are part of a system. The amygdala, for example, contributes to threat detection because it is part of a threat detection system. And just because the amygdala contributes to threat detection does not mean that threat detection is the only function to which it contributes. Amygdala neurons, for example, are also components of systems that process the significance of stimuli related to eating, drinking, sex, and addictive drugs.





- 1. What am I thinking? (Basal ganglia- integrates feelings, thoughts and movements).
- 2. What am I feeling? (Basal ganglia- integrates feeling thoughts and movements) Temporal Lobes emotional stability, name it to tame it labeling affect.)
 - 3. What do I want now? (Cerebellum executive functions connects to Prefrontol Cortex (PFC), cognitive integration).
 - 4. **How am I getting in my way?** Prefrontal Cortex learning from mistakes.
- 5. What do I need to do differently now? (Prefrontal Cortex –the boss supervision of life executive functioning planning goal setting, insight) (Anterior Cingulate Gyrus brain's gear shifter—sees options go from idea to idea).



Turn to a partner...
remember and tell about a time when
you had to use your GRIT(selfdirection and perseverance)





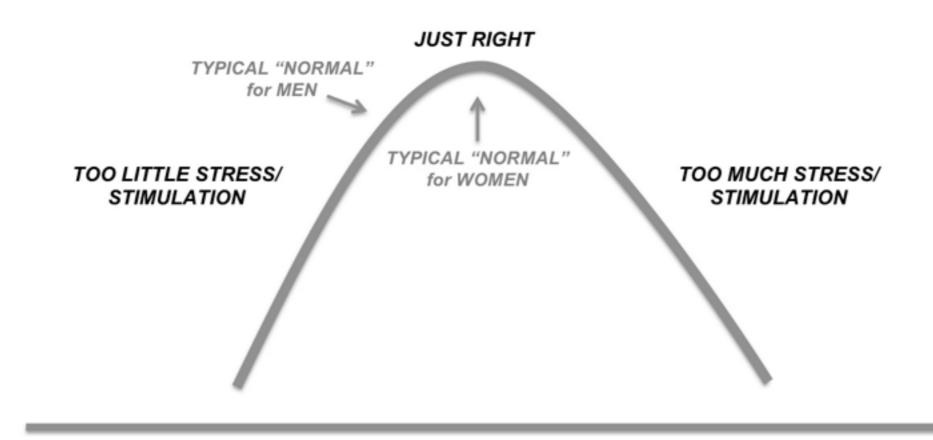
Goldilocks





The Pre-Frontal Cortex: AKA "Goldilocks"

High level functioning: goal direction, abstract concepts, memory encoding and retrieval, good decision-making, understanding what others are thinking, delaying gratification



Functional impairment: Foggy thinking, poor impulse control, poor decision-making, poor memory, lack of empathy







Self-Actualisation

Morality, Creativity,
Spontaneity, Acceptance.
Experience purpose,
meaning and inner potential

Self-Esteem Needs

Confidence, achievements, respect of others, connections, need for individuality

Love and Belongingness Needs

Friendship, family, intimacy, connections

Safety and Security Needs

Health, employment, property, family, stability

Physiological Needs

Air, food, water, shelter, clothing, sleep

Maslow's Hierarchy of Needs





!!!Practices!!!





Inspire to Rewire Strategies

Mindfulness

A daily quote

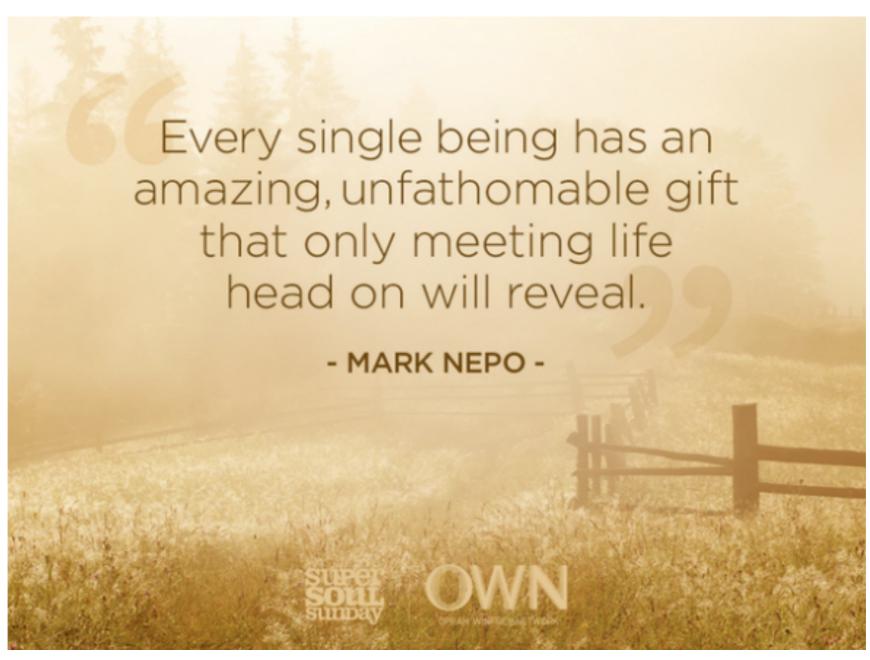
4 square Breathing
Settle Your Glitter
Gremlins/Saboteur/
Emotional Freedom Technique(Tapping)
The Behavior Cycle
The Work



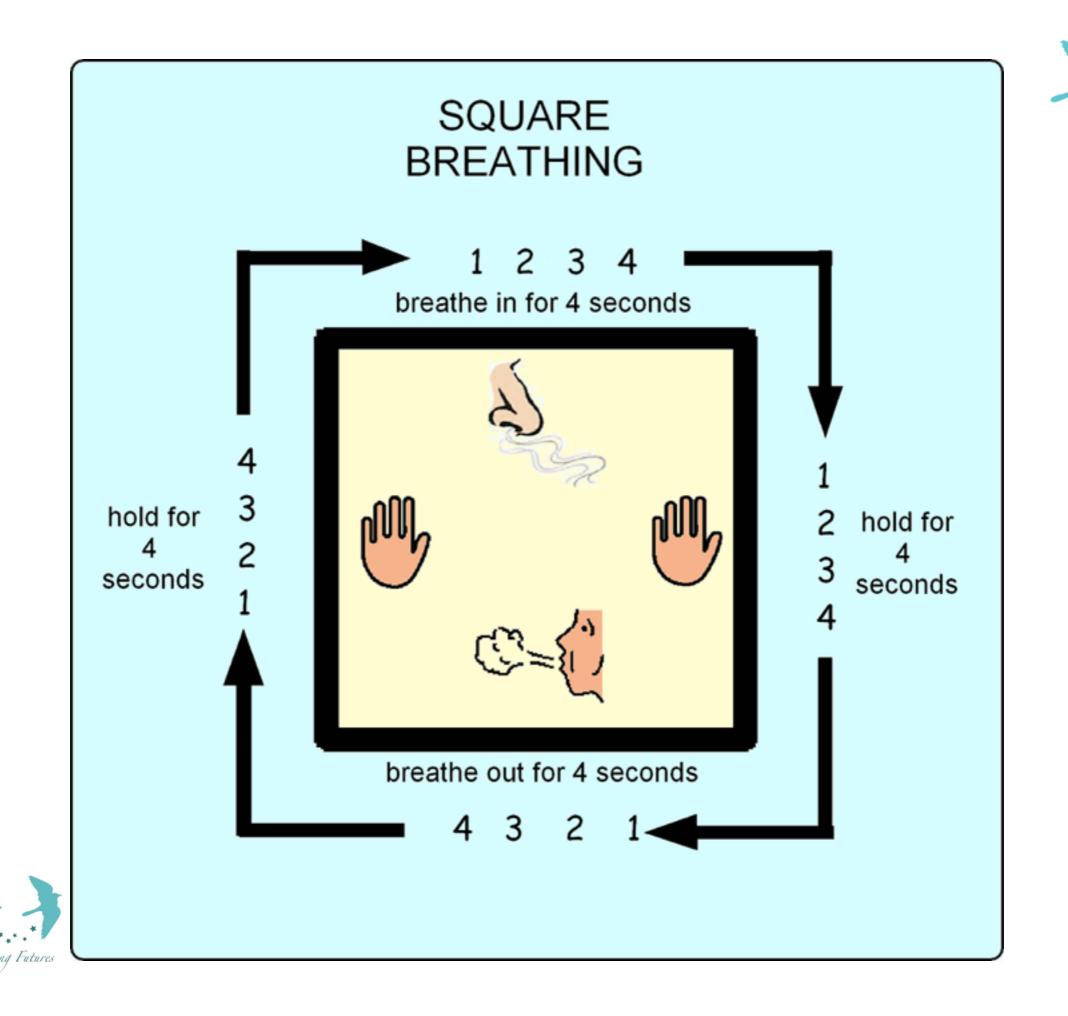


Mindfulness











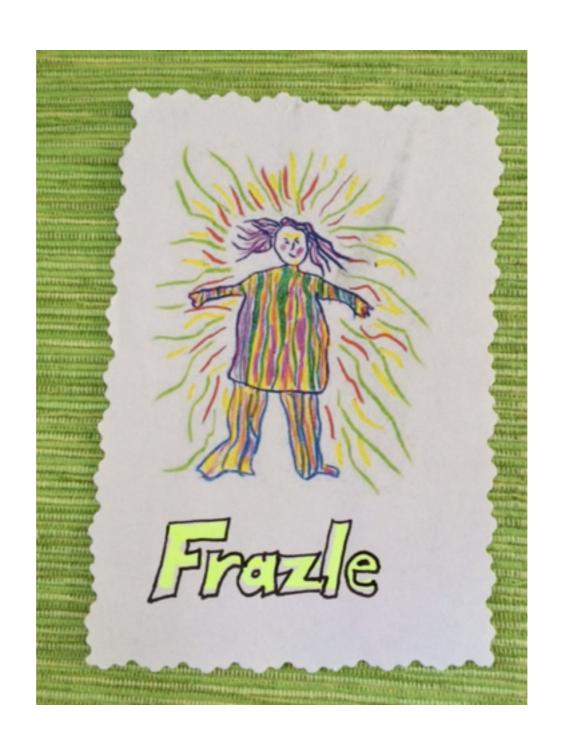




!!! Name it to Tame it !!!

Negative self-talk, Gremlins, Saboteur, inner critic not your enemy-kept you safe earlier in life







Planned Happenstance







"You changed my life!"

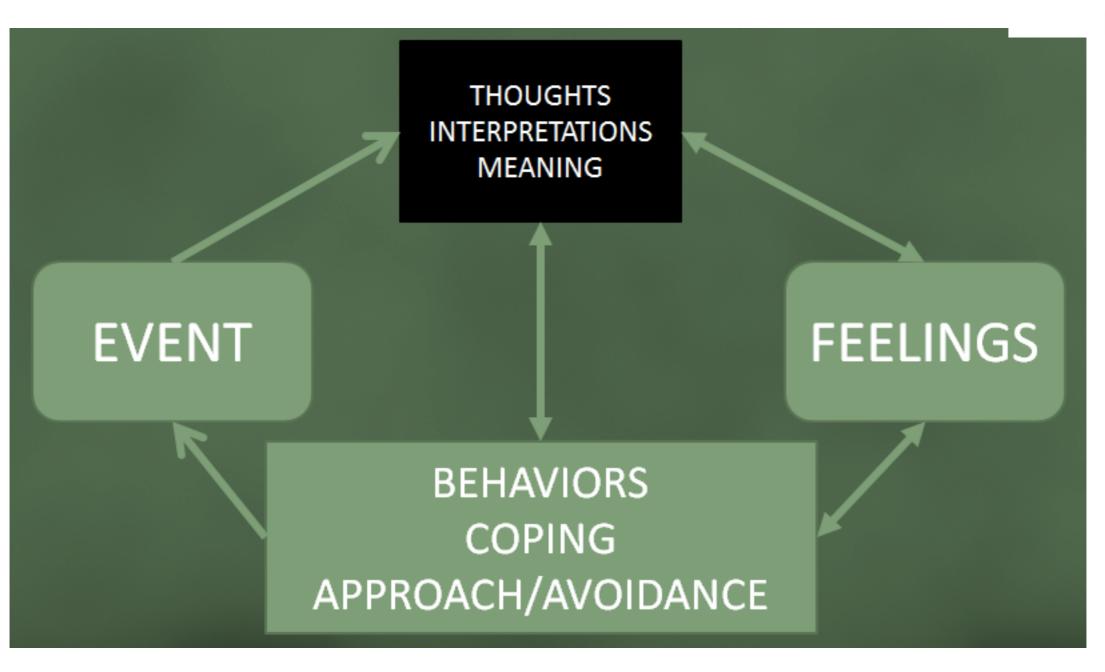


sams colleague



Emotional Freedom Technique top of head eyebrow side of eye under eye under nose under arm chin collarbone Karate chop











CLOSING-EXIC SLIP

- +
- I discovered that.....
- +
- I wonder.....
- 7
- I am going to...



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"Don't be fooled by this book's simplicity: therein lies its power and magic!

Choosing Easy World is transformational. It is an invitation to a new paradigm for living."

—Marci Shimaff, New York Times bestselling author, Happy for Na Reason and featured teacher in The Secret

Choosing Easy World

A Guide to Opting Out of Struggle and Strife and Living in the Amazing Realm Where Everything is Easy

Julia Rogers Hamrick

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